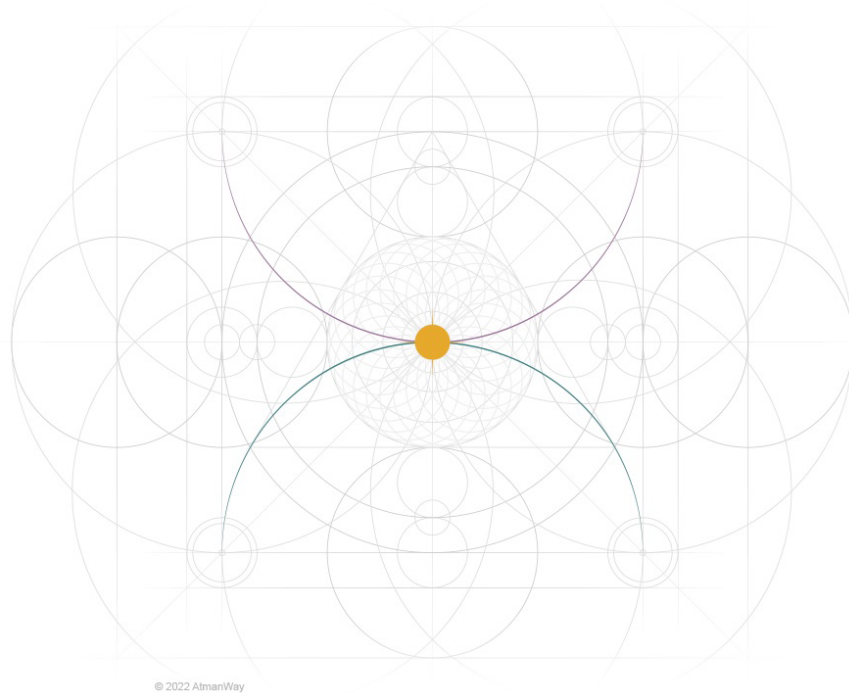


TIME MESSAGES

Time Messages

In Dialogue with Science and Consciousness

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Abstract

This paper explores the origins, the views and the science and consciousness of Time.

It looks at the nature and direction of time and synchronicities, as choice opportunities to serve a greater change in the world.

Taking the broader perspective of Time, it outlines key lessons and messages for Humanity to evolve and shift Consciousness, as derived from the Science & Consciousness Wisdom Dialogue sessions, designed and led by AtmanWay in 2023 in the UK.

Keywords: Time, Kairos, Chronos, Synchronicity, Consciousness, Science, interconnectedness, Quantum, Leadership, Change, Wisdom Dialogue

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“And an astronomer said, Master, what of Time?

And he answered:

You would measure time the measureless and the immeasurable.

*You would adjust your conduct and even direct the course of your spirit
according to hours and seasons.*

Of time you would make a stream upon whose bank you would sit and watch its flowing.

Yet the timeless in you is aware of life’s timelessness,

*And knows that yesterday is but today’s memory and tomorrow is today’s dream.
And that that which sings and contemplates in you is still dwelling within the bounds of
that first moment which scattered the stars into space.*

Who among you does not feel that his power to love is boundless?

*And yet who does not feel that very love, though boundless, encompassed within the
centre of his being, and moving not from love thought to love thought,
nor from love deeds to other love deeds?*

And is not time even as love is, undivided and spaceless?

*But if in your thought you must measure time into seasons,
let each season encircle all the other seasons,*

And let today embrace the past with remembrance and the future with longing.”

Kahlil Gibran

(The Prophet, on Time)

What is Time?

A question which grappled humanity for millennia since the origins of time: What is Time? The answer is not trivial, and without significance in responding to who we really are and are called to be and become together and finding coordinates to re-orient humanity. Whereas some take for granted Time has always existed, scientists and mystics still debate whether what comes first is the measurement, or our own perception of time, as well as on the nature and arrow of time.

Time existed before the invention of time (clocks). For Physics, time is defined by its measurement¹: time is what a clock reads². However, well before there were clocks to read, Time made its entry into the world, with the Earth as part of the entire Universe beginning 13.8 billion years ago, according to the Big Bang theory. Humankind has always tried to keep measure of it, employing physical timekeeping processes, as various as each epoch of civilization³. From ancient Heliacal dawn rising techniques, initially looking for the planet Sirius to mark the flooding of the Nile each year, important feature in the Egyptian calendar, and then the position of the sun at dawn⁴; the marking of noontime during the day, by the horizon or the shadow cast by a meridian or gnomon⁵, and more generally the “seemingly eternal” periodic succession of night and day.

Time is a coordinate to orientate ourselves. Time has often been referred to as a coordinate, a fourth dimension, that along with three spatial dimensions height, length, and width orientate our human journey. Over time, in fact we have shifted from viewing time as a parameter to seeing it as a coordinate. The conventional understanding of time is based on Newton’s three-dimensional and Einstein’s fourth-dimensional theories. Whereas after Galileo and with Newton time was thought the same for everyone everywhere, and hence a convenient parameter and basis for timelines, the understanding of time shifted with Einstein. In Einstein's Theory of Relativity, it was discovered rates of time run differently depending on relative

¹ In classical, non-relativistic physics, time is a scalar and usually described as a fundamental quantity. Time can be combined mathematically with other physical quantities to derive other concepts such as motion, kinetic energy and time-dependent fields.

² Considine, Douglas M.; Considine, Glenn D. (1985). *Process instruments and controls handbook* (3 ed.). McGraw-Hill. (pp. 18–61)

³ Neugebauer, O. (1952) *The Exact Sciences in Antiquity*. Princeton University Press.

⁴ "Heliacal/Dawn Risings". solar-center.stanford.edu. Retrieved 2024-10-01.

⁵ Eratosthenes, *On the measure of the Earth* calculated the circumference of Earth, based on the measurement of the length of the shadow cast by a gnomon in two different places in Egypt (from *Encyclopedia Britannica*)

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motion, and space and time merge into a space-time, turning our time reality from “timeline” into a “worldline”. In this view time becomes a coordinate, that helps trace the path of an entity in a fourth dimensional space-time.

Origins and Stories of Time

How individually and collectively we view time shapes our life experience and relations, the way we evolve and engage with our Self, with the world reality and consciousness at large.

Etymology

The word “Time” comes from the word “tide”⁶. The word and evolved in “Zeit” in German, and “Time” in English thus referring to natural processes, related to the moon and cyclical rhythms. Tides suggest something flowing, as the philosopher Wittgenstein hints when he states, “to say time passes more quickly, or that time flows, is to imagine something flowing.”

This idea does not necessarily imply time is linear, external and fatal, as we typically think. We are brought up taking for granted that time flows irreversibly and con-sequentially from past to future, from a beginning and an end, as something external happening onto us, ruling above us in a fatal and unchangeable way, despite all our human efforts to exercise some control over it. But it has not always been viewed that way. There was a time when time was seen differently.

Indigenous perspectives

In most Western languages, the future lies ahead and the time behind us. But that’s not the same for every culture. In the Andes, the Aymara speakers point forward to the past, as the place they can see whereas they indicate back for the future, as that which is not yet seen. Hopis people have no structure in their language for past and future, only the present exists - in their grammar and all their verbs are “-ing” verbs in the present tense, suggesting everything is always becoming in the present moment. Australian aboriginals think of time circularly running from East to West, following the sunlight cycle. In Mandarin “above” is often used as “earlier” and

⁶Lieberman, A. (2006) Anatoly Lieberman, “Time and Tide Wait for a Good Etymologist” May 24, 2006 article on Oxford University Press's Academic Insights for the Thinking World; Online Etymology Dictionary <https://www.etymonline.com/word/tide>

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“below” as “next”. Most indigenous wisdom traditions seem to agree in viewing “life is a great circle of Relations between all beings⁷”.

Time linearity not only was not always a given, somehow it is more a recent perspective; there was a time when time was seen as cyclical, as our 24-hour dial, 7-day weeks, 4-seasons and 12 months rhythms still suggest, reflecting the solar and moon returns and a planetary dance with the universe and the gods.

Ancient myths: Chronos vs Kairos

In ancient Greece, time was divided in two distinct concepts, embodied by *Chronos* and *Kairos*. In Greek mythology, Caerus or Καῖρός, was the personification of opportunity, luck and favorable moments. Kairos was regarded not as mere allegory but as a real divinity, the youngest son of Zeus. Depicted with only one lock of hair on his forehead, and wings to his feet to fly with the wind, with a razor, or else scales balanced on a sharp edge, he is the god of the fleeting moment, that brings about what is convenient, fit, and comes in the right time and at the right occasion. His Roman equivalent was the god *Occasio* (same root, from which the word “occasion” derives) or *Tempus* (from where the use of “tempo” in English, as the right rhythm). In archery, Kairos also denoted the moment in which an arrow may be shot with sufficient force to penetrate a target.

Chronos, on the other hand, was associated with the king of the gods, and personified the inexorable course of time. The youngest leader of the Titans, descendant of the primordial Gaia (Mother Earth) and Uranus (Father Sky), Chronos overthrew his father and ruled over all the gods, until was overthrown in turn by his son Zeus. According to Cicero, Chronos’ task is to maintain time and, as his equivalent Latin name *Saturn* denotes, he is “saturated or satiated with years” because of devouring his sons, so as to imply that time devours the ages and gorges⁸.

Whereas Chronos refers to a material quantity of time, a specific amount of time, such as a day or an hour, Kairos however indicates an opportune “godly” quality of time; it is a divine moment for us to grasp, and a choice for us to make that will impact and shape our future. Transcending chronological time, Kairos invites to tuning-in to an inner rhythm within life and appreciating an inherent sacred quality.

⁷ Georges E. Sioui, Huron Wendat Nation.

⁸ Cicero, *De Natura Deorum* 25

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How we view and engage with the Gods and Consciousness impacts on our lifetime on earth.

Views of Time

It appears two types of time exist depending on our focus and locus of perception: linear, rational and external from us, versus trans-linear, more intimate and internal within us. Consciousness transcends and integrates and goes beyond the separate particle identity that exists in lower frequency dimensional space, to bridge with higher states light-wave forms.

“There are, assuredly, two forms of Brahma: Time and the Timeless.”
Maitri Upanishad (Maitri 6:15)

External & Rational

In the material world, time is linear, an objective “chronological time”, with cause and effect. We experience linear time by putting attention outside and focus on parts rather than the whole. Matter falls apart with chaos and entropy. In the outer world of history and timelines, our rational mind rationally sees time as exterior, a third person or phenomenon independent and detached from us. The focus is on the past, clearly distinct, and the only tangible measure of the present. Our linear experience⁹ of time as related to the past is linked to our exterior focus on matter and separate tangible particles – rather than light and waves, recent quantum physics also includes, “seeing reality as constantly refreshing in the present”¹⁰.

In Newtonian mechanistic view both time and space are absolute linear certainties of our 3D reality, with flat timeline, Einstein (relativity) shifts to a 4D view, with a 4th dimension, and multifaceted “worldline” we access and live into. Time becomes space at the speed of light¹¹ (like a dot spinning so fast that it becomes a circle).

However conventional physics often overlooks the significance of internal time, focusing solely on external, chronological time and not considering the first person, or the inner self perspective.

⁹ Modern life with its emphasis on efficiency and linear progression shapes views on time. The view of linearity of time is also connected with modern life emphasis on optimizing everything; as the line is the shortest distance between two points; however the most efficient solution not necessarily is always the most effective solution (further elaborating a personal conversation with researcher Jeff Dunne, at 2023 Science & Consciousness)

¹⁰ Quoting from Peter Merry’s presentation at 2023 Science & Consciousness.

¹¹ Speaking about the speed light in this reality some say every time we look, we look into the past. “Even here, at this table, the light that is the image of my eyes takes time, a tiny time, infinitesimal, yet time, to reach your eyes, and so it is that everywhere we look everywhere we are looking into the past.” (John Banville, Ancient Light, in James Gleick, Time Travel)

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“People like us, who believe in physics, know that the distinction between past, present, and future is only a stubbornly persistent illusion”
Einstein

Internal & Spiritual

In the subtle informational world, we access through the interior, time is subjective and trans-linear involved. As indicated by philosopher Francis George Steiner (1929-2020), “it is not the past that rules us, save, possibly, in a biological sense. It is images of the past”. The past only exists as the relationship we establish with a thought, or a memory we retrieve in the present. A more intimate and spiritual dimension seems to open in the inner time we experience and expands in silence. We could say that the inner, our Soul becomes visible in silence, where the outer time is quiet. Mystic philosopher Krishnamurti (1895-1986) used to say, “God can only operate if the brain is quiet, if the brain is not caught in time.” In this regards Kairos can be seen as transcending and elevating time into a space, out of the ordinary, where mystical laws seem more to apply¹².

Whereas the external linear time appeals to our rational mind and outer focus (without), the internal cyclical time resonates more with our heart journeys, and inner gaze (within). Putting our attention outside we experience the linear external time of the material world, where cause and effect rule and our rational mind intelligence clearly separate all into distinct parts. Turning our focus inside, gives us access to an inner time quality, where patterns and relationships emerge, and our intuitive heart intelligence blends and connects all dots into one continuum.

“In this there is no measuring with time, a year doesn't matter, and ten years are nothing. Being an artist means: not numbering and counting, but ripening like a tree.”
Rainer Maria Rilke
(Letters to a Young Poet)

¹² In mystical and NDEs experiences time cessation phenomena have been experimented, reporting a sense of transcending linear time, and accessing an eternal now, suggesting that in the soul space there is no time (in Steve Taylor's presentation at 2023 Science & Consciousness).

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Integrating Doing and Being

Exploring time essentially boils down to our emphasis on Doing or Being, our ontological focus on Matter and Spirit, and our ability to go beyond polarities to embrace a non-dualistic view. I see how Chronos and Kairos respectively also reflect in a way the “*doing*” and the “*being*” dimensions of time; the first governs our physical journey, operating horizontally and engaging our ego-power and *rational mind consciousness in action*, whereas the latter stretches vertically, expressing our individual psyche and soul, and *intuitive heart consciousness in becoming*, more tied with our evolutionary journey. Rather than choosing one or the other we are invited to integrate Chronos and Kairos, the doing and the being in ourselves.

The time has come for us for a new integrated perspective on Time; one that transcends and embodies the external, chronological, rational linear time, historically realm of science, measured and counted, and the internal more intimate and individually experienced non-linear time, tied to psychology and spirituality studies. Exploring the complex nature of time, ultimately requires a new definition of science and consciousness that expands and integrates both the exterior and the interior, bridging the worlds of Matter and Spirit. Beyond the dualism, we have now the opportunity to embrace both views into one integrated consciousness field that unites Mind and Soul and bridges the visible and the invisible worlds.

“Look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal”.
Corinthians (2.4:18)¹³

¹³ Corinthians 2.4:18, 21st Century King James Version (Treasure in Earthen Vessels), Biblegateway

Times that Change our Worldview

Meaningful events in our lifetime sometimes hold the power to act as guiding forces that may shift consciousness and serve a greater change in the world. Some manifest in daily life as synchronicity. Synchronicities stretch our understanding of time and causality, inviting to embrace past and future influence and the importance of awareness and choice in the present.

Synchronicities – re-connecting to Source

Synchronicities operate within the context of a more fluid, non-linear time spectrum, where both past causes and future purposes seem to be influencing, and sometimes redirecting, our decisions and paths, often in subtle and unexpected ways. They can be seen as windows in time that open up for us to connect to a deeper source of Consciousness; a Source that encourages us to lead from the future (rather than from the past) and serve a greater potential that wants to emerge through us, for Wisdom illuminate and elevate our world.

Meaningful Coincidences

Synchronicities can be defined as “meaningful or impactful coincidences, determined by future purposes that pull up in certain places”, according to researcher Jeff Dunne¹⁴. These coincidences are not simply random, they are distinct events that play a significant role in guiding decision-making processes and life trajectories. As such, they have the potential to alter the course of our story, and shape our experience and understanding of the world, by connecting us with both past and future. As phenomena that transcend mere chance, synchronicities offer signals of a greater consciousness and interconnectedness between events, individuals, and broader universal forces.

Interconnectedness & Entanglement

Synchronicity leads to reflect on our deeper interconnectedness and one-ness with the universe. We could see our individual lifeline as one strand of a larger universe, and synchronicity as touchpoints of interconnectedness with our great ecosystem. Interconnectedness are aspects of each individual lifeline that connect with others’ parallel lifelines, typically flowing parallel to ours. Synchronicity indicates a meaningful touchpoint between resonating attributes of different

¹⁴ From Dr Jeff Dunne’s talk on “Synchronicities: Signals of Interconnectedness”, The Consciousness Perspectives Forum of the Scientific and Medical Network, Webinar September 2024.

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individuals' lifelines; it highlights an event in time that carries a quality that interconnects and resonates with other individuals' attributes, with a spectrum of significance¹⁵.

One interpretation of the idea of interconnectedness, in quantum physics is entanglement. Quantum entanglement says that two particles, once bonded, will evolve intrinsically and deeply connected, even if they are separate at the opposite ends of the universe. In moments of synchronicities, quantum entanglement may demonstrate a level of interconnectedness across space and time, that allows for a wave of information to travel faster than the speed of light.

Changing the Arrow of Time

Synchronicity has the power to change our perspective on time direction, and past history.

Binding together physics and consciousness studies, Dunne suggests that future purposes can in fact influence the present, proposing a model where both past and future shape our experiences, by introducing the concept of *centropy* as a counterpart to *entropy*.

Where entropy describes a universe that is causal in nature, where energy and information flow forward outwards, outside in time, and history is influenced by the past, *centropy* on the other hand, illustrates a universe that is purposeful in nature, influenced by the future energy and information flow also backward inside time, and the present is condensing things that are yet to come for a very long time.

Not viewing time only as a past-to-future progression, changes the classical view on the direction of time direction and past influences on history. *Centropy* indicates that time flow is bidirectional rather than strictly forward, and future events can influence the present, as much as the past influence the present. In moments of synchronicities, it feels like Time works both ways, with future events potentially pulling us toward specific outcomes (as much as past events tend to push us forward) and creating meaningful connections in our lives and history.

Time Consciousness

Consciousness plays a pivotal role in shaping how we experience time, determining which information to process and meaning to assign to events. By filtering the information around us, and by becoming more attuned to synchronicities, we expand our awareness and understanding of life. If seen as a tool synchronicity can help us looking out for opportunities, deviating out of

¹⁵ In a world, where everything is interconnected, varying degrees exist in a spectrum where some relationships can be deeply meaningful while others are more casual, making synchronicities more or less meaningful.

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ordinary, and turning in a direction that may be meaningful and impactful for our life. Synchronicities, in this view, offer a way to become more attuned to the subtle patterns and influences that shape our lives.

Synchronicities highlight the importance becoming aware of our interconnectedness and the deeper forces that guide our lives, and influence actions and decisions. By practicing to notice these moments of meaningful coincidence, we can find direction and insight in our choices. By embracing the perspective of a future influencing the present moment, we may start to think differently about current situations and open to new possibilities and trust the unknown. An unexpected outcome, for example, could be a meaningful sign of a potential to listen to, indicating beyond what we can see something else that wants to happen, a new potential pattern that is waiting to emerge through us, and that we can serve manifest.

Synchronicities offer a window into a universe that is far more interconnected and purposeful than is often assumed. Where time not as a rigid, linear sequence but as a dynamic force that is influenced by both past events and future possibilities. Such perspective expands our consciousness particularly in times of crisis or transitions. Echoing Jung's theory synchronicities become more evident in time of crisis, when life gives us a nudge to go out of auto-pilot. This heightened awareness results from being jolted out of routine patterns, forcing people to scan more consciously the inner and outer landscape and notice a future pattern that is about to emerge in subtle field of the present, materializing new possibilities. Embracing time expanded consciousness, we can ultimately get to lead from the future, rather than simply from the past and engage in a dialogue with a deeper Wisdom, listening to what Time wants us to know.

The world we now live in is a world of infinite possibilities – which is why it has no future. [...] even the things we think of as impossible are simply possibilities we decided to put aside. [...] There really is no end to it at all [...] no end to the joy of being present [...] and give birth to the worlds.
Peter Kingsley¹⁶

¹⁶ Kingsley, P. (2010), A Story waiting to Pierce you: Mongolia, Tibet, and the destiny of the Western world (pp. 83-84)

What Time wants us to know?

Existing since the creation of the world, Time carries messages for humanity to awaken. Time repeats until humanity grasps the lessons, for us to evolve, and make a leap.

Lessons from Wisdom Dialogues with Time

In 2023 with AtmanWay, the company I am founder of, we conducted a few Wisdom Dialogue sessions around the meta concept of Time, at the 2023 WYRD Science & Consciousness conference.

WYRD Science and Consciousness

The Science and Consciousness conference is an annual event in the UK, that brings together leading scientists, academics, and practitioners in the field of consciousness studies. It aims at “bridging the gap between established scientific theories and unexplained consciousness experiences, with real-time experiments that lead to a profound sense of ‘Wyrd’, an ancient Anglo-Saxon term that refers to our “inherent and ancestral understanding of our supernatural interconnectedness”. The conference builds on the work of Princeton scientists, Robert G. Jahn (1930-21017) and Brenda Dunne (1944-2022), around the ability to affect the world with our consciousness; their findings at PEAR (Princeton Engineering Anomalies Research Lab) statistically demonstrated our interconnection at informational energetic level, and interaction capacity to influence consciousness through our intention, outside of the standard parameters of time and space¹⁷.

Wisdom Dialogue movement

The Wisdom Dialogue is a global movement, initiated by AtmanWay, to activate a new Dialogue for humanity, on a mission to illuminate and elevate wisdom in the world. It serves a cross-disciplinary dialogue space, informed by Silence and sourced out of Wisdom, where elders and thought leaders from various sectors and traditions join to sense and catalyze Wisdom around a theme, on a journey from the head to the heart to the hands. A generative flow unfolds in the Wisdom Dialogue, that allows to suspend and transcend individual limited viewpoints,

¹⁷ “In other words, they empirically proved what ancient wisdom traditions have long stated; that interconnectedness with the world around us is a fact. The survival of humankind depends on our ability to learn this for ourselves” (from Ubiquity’s annual Science & Consciousness event, website <https://www.ubiquityuniversity.org/annual-science-and-consciousness-event/>)

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connect to a deeper source of Wisdom that leads to find solutions for systemic change. It is only by going back to the root of Dialogue – as going within, through, and beyond the *logos*, or the Word and implicate order, as the Greek term *Dia-Logos* suggests – that new Wisdom can emerge, and sustain a shift of Consciousness to reorient humanity at large.

Science & Consciousness Wisdom Dialogue

At the Science and Consciousness annual event in 2023, tailored Wisdom Dialogue sessions were designed and facilitated to deepen and expand reflections and learnings specifically around the concept of Time, and lead to a transformational practice to embody interconnectedness and integrate transcendence, on a journey from head to heart to hands. We had the opportunity to engage with various scientists and consciousness researchers and particularly focus on *what Time wants us to know* - for a shift in Consciousness to happen within humanity. Remarkable learnings and resonating insights emerged before, during and after the event, and are still reverberating.

A Personal Message

In the days leading to the conference, one morning an insight dawned on me while meditating, as a personal gift that offered a profound glimpse into the essence of Time.

Meditating on Time

Time is a construct that we have adopted to simplify our lives and our presence on this planet. While space and time underpin our 3D reality, I wonder whether they also define or not Life and Consciousness at large. Time is our anchor; we anchor our life to time.

At any time, we can touch the material world around us and remember we are alive, in body and flesh. The anchor of time grounds and holds us and prevents from wandering out in space. What if time does not define the full spectrum of Life?

Ultimately, Time only exists, as long as we believe in death; and death only exists, as long as we believe in linear time, with an origin and an end to life. But is it really so?

What if time is only a construct of the mind, adopted to simplify life mystery?

From that perspective, Time simplifies complexity and allows us to experience and embody life, con-densing Spirit in space and matter.

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Time is a mind construct, a tool we use to live on this planet. And Consciousness is only glimpsed, when we remind all that, we pause time, and open to the Soul.¹⁸

This insight set the space for the unfolding of the Science and Consciousness Wisdom Dialogue.

Time in Essence

The WD helped deepen and crystalize key teachings and embrace new invitations Time has for humanity to open to a consciousness shift that wants to happen in our relationship with Time. It is with deep gratitude to all Science & Consciousness conference organisers, key speakers¹⁹ and participants, and everyone who contributed in co-weaving a deep and uplifting space for integration and transformation, that I share the essence of the lessons from Time. I will condense in essence first the major insights that emerged out the Science & Consciousness Wisdom Dialogue (SCWD) and then distill the most relevant takeaways from key rounds.

Fundamentally in essence: *Time repeats until we grasp the lessons and make consciousness leap.*

SC WD Message #1

Time wants us to be free from time. Time is here to serve humanity, not the other way around. Time reminds Life is precious – be conscious and take respons(a)bility – in co-creating the world. Time serves Consciousness.

SC WD Message #2

Time exists in this 3D reality, not in the universe. Time is a collection of frequencies – a train for information to travel; ...a companion for bliss, a landscape of colors and shapes, a canvas of experiences. Time is a portal (both for the Soul and the Mind) – working in mutual directions: for Soul to embody, and the embodied soul - the mind, to reconnect with Source; it is a bridge of waves and particles (to manifest waves into particles at every instant).

SC WD Message #3

Time serves remembering and forgiving – remember who we really are and heal both past and future. Time repeats until we grasp the lessons and make a leap. Time wakes us up to hold

¹⁸ From PMF Reflections Nov 2023, also shared at SCC

¹⁹ Special thanks to Science and Consciousness organizers, Ubiquity University WYRD, ICRL the AtmanWay team, key speakers Peter Merry, Calen Rayne, Jeff Dunne, Bernard Carr, Steve Taylor, among many others,

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paradoxes – Life and Death are one, coming from same Source. Time allows Beauty to come and be seen. Light goes beyond Time, and so does Love.

Deep-dives on Time

The Science & Consciousness Wisdom Dialogue allowed to immerse into into what shift of understanding, awareness of evolution wants to happen in relation with Time. Out of the many profound passages, here I will attempt to surface some key themes and to essence most resonating messages that came from the depth out of three Science & Consciousness Wisdom Dialogue rounds, with groups scientists and consciousness researchers.²⁰

SC WD Round #1

Time can be explored not as a linear constraint, but as a multidimensional resource that serves life, wisdom, and consciousness. Time is a multidimensional tool that bridges our external actions and inner being; it serves as a companion guiding us through memory and meaning, inviting us to embrace freedom and play. It reminds us to cherish each fleeting moment with conscious presence.

1. Time as an Instrument and Resource

Time is a tool that helps us organize, process life, and remember, and ultimately serves consciousness.

"Time in-forms everything." "Time is somehow useful in as much as it is an instrument for humans to relate; to relate to things, to categorize, to classify, basically to process life experience." "It is an instrument that serves our horizontal plane as the external plane of our 'doing'." "Time serves the purpose of allowing us to remember." "And when we see time as a resource that is there to serve us, it gives me a sense of liberation, a sense of empowerment." "Ultimately time serves consciousness. It serves us to be conscious of the preciousness of life, of magic moments."

²⁰ Deepest gratitude to, SC WD 2023 key Wisdom speakers and participants, including among others: Vasileios Basios, Benjamin J. Butler, Jeff Dunne, Rachel Earing, Ian Lewis, Susan Hess Logeais, John Oliver, Laura Starling, Kerry Stiles Joan Walton, Marc Wittmann, Panthea, Petra Borgmann Durrie, Nora Silini, and Paolo Morley-Fletcher

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2. Time and the Connection Between Planes (Doing and Being)

Time bridges our external actions with our inner sense of being, facilitating balance between doing and being.

"There is a vertical plane, an inner place more connected with our being in the world, that somehow is independent of time at its essence." "As I am on this earth, I'm asked to connect these two planes, the horizontal and vertical planes, and time serves that connection, that integration in me and in the world."

3. Time as a Companion and Facilitator of Meaning

Time acts as a companion giving meaning to experiences by helping compare, recall, and reflect.

"Time as we know it does not exist. It is merely a companion that comes with us to record the events of our journey." "It is a companion that we can reach out to when we need; but it is inviting us to be free, to be somewhat independent." "Time helps in weighing an idea, bringing it to the body in a particular timeline, pointing at it, and giving it meaning in comparison with something which has happened before or something which may happen later."

4. Time, Playfulness, and Freedom

Time invites us to embrace freedom and playfulness, like a child, allowing creative exploration.

"Time wants us to be free from time so that we can play with it." It offers an invitation from time to be free from it and play with time, playing as a child does." "In this sense, time is inviting us to take responsibility for sensing, for anticipating what wants to be perfect with us, through us."

5. Time and the Preciousness of Life

Time reminds us to cherish each moment, as every stage of life is fleeting and precious.

"Time is precious. This allows us to appreciate the moment even if that moment is long."

"Make the most of every moment of time, because they are very precious and move on to a next stage very quickly." "With that consciousness comes the sense and responsibility for the choices I can make in every moment, where I focus my attention, how I sense and respond to the insights of the information I get, and how I act upon them."

6. Time and Memory

Time allows us to reassemble memories from past and future, shaping Self and Consciousness.

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"Time serves the purpose of allowing us to remember. As the verb 're-member' suggests—remembering takes us to the body to reassemble the members of the body." As such, "Time allows us to collect memories of the past, memories of the future, and memories of other experiences we've had."

SC WD Round #2

Time empowers us to heal, create and transcend into the unified field of consciousness. As an ultradimensional resource time reflects and heals our identity and lineage, across past and future, acts as a portal for the soul, and provides a creative landscape for transcending and integrating multiple frequencies and experiences into a unified, meaningful present.

1. Time as a Reflection and Mirror of Self

Time reflects our identity, lineage, and convergence of frequencies and stories that shape our sense of self, through Light particles and waves.

"Time informs us of ourselves and allows us to reflect and see ourselves, and mirror that which is outside of ourselves and in silence". "Time informs my sense of lineage and ancestry, as a collection of frequencies and stories coming together, and at the intersection of those stories is our identity in the moment;" "each moment, as the light particle, and my presence and identity as the collection of those particle-moments, and the re-union into Light and the wave itself."

2. Time as a Resource and Tool

Time is an ancient tool that we can choose to use or transcend, offering moments of choice that reverberate and create ripple effects across our life experiences.

"Time is a dimensional measurement instrument that serves this world reality as a resource; a resource we can choose to use in our favor". "Time is not meant to constrain us; we can move beyond and transcend it (rather than being used and enslaved by it)". "Time enables choice and free-will. At any time, we have a choice that can transcend a particular point of experience, we might call a moment in time; and the change it brings about can reverberate out, like ripple effects a pebble dropped in a pond makes."

3. Time as a Healing Force

Time empowers us to focus our attention and healing across past, and future, and clear inherited traumas.

TIME MESSAGES

"Time is our best ally, a companion connected to the healing dimension." "At any present time, we have the power of choosing where we place our attention and focus to heal both past and future." "We are a collection of frequencies opening to different dimensions of time and empowering the frequencies to be healed". With time comes "the power to heal the wounds of our ancestors, we carry with us, knowing that history lives within us at a cellular level."

4. Time as a Frequency and Multidimensional Experience.

Time is a frequency that shapes how the Soul experiences different dimensions, collapsing waves into observable moments.

"Time is a frequency and depending on the frequency, the soul experiences itself differently." "The landscape of time allows for multiple experiences and depending on our focus and choice of the frequency, different possibilities arise." "We are a collection and spectrum of wave frequencies and stories coming together, opening to different dimensions of time and empowering those frequencies to be healed." "As Time collapses the wave into a particle, into an instant, we get a present to observe."

5. Time as a Portal and Bridge.

Time acts like both a portal and bridge, connecting visible and invisible worlds, allowing Soul to traverse dimensions, carry and embody valuable information.

"Time bridges the wave and the particles, connecting the invisible with the visible."

"What if time is a portal for our Soul to experience both our coming into and connecting with other dimensions?" "Time is a portal for the Soul to experience – working in multiple directions, connecting Soul to dimensions beyond this reality."

6. Time as a Creative Landscape

Time offers a creative and dynamic landscape, for life's unfolding, allowing us to play with and layer experiences in a multidimensional reality, merging multiple lifetimes and possibilities into the present.

"Time is a landscape in which to paint a life, allowing us to play, create, and experience different layers and colors of reality." "In this Time serves as a companion that allows in that landscape to pinpoint a moment and experience that is unique and valuable to us". "Collapsing many lifetimes and experiences into one, time is like a train that into an instant the valuable information for us to embody in the present".

TIME MESSAGES

SC WD Round #3

Time is a mysterious force that reflects our existence , acts as a portal for learning, evolving, and transcending, while bridging the temporal and timeless, and ultimately serving Light and Love to flow beyond physical constraints.

1. Time as a Reflection of Existence and Mystery

Time reflects our existence, connects to a deeper mystery that lies beyond the visible reality. —, remembering and forgetting as part of a larger whole - and it reminds us that life transcends time.

"Time informs this visible reality and operates in this physical world - the universe itself is timeless and space-less." "Time informs both our own individual existence, and the mystery of existing." "Time allows us to come to life, and there is life before time. As we remember, we are time." "Time is somehow wanting to wake us up to be conscious of, and lift the veil that it creates."

2. Time as a Portal and Bridge for the Soul

Time acts as a portal, connecting our embodied Soul to timeless and spaceless dimensions, bridging life and death.

Time invites us to see ourselves for who we really are."Time itself a portal that allows our essence, our Soul to embody in this reality, passing through this portal of time and manifesting into an instant." "The embodied Soul travels back through this portal to a higher reality, the universe itself, which is timeless and spaceless." "Time bridges the paradox of life and death, where both coexist as two states originating from the same source."

3. Time as a Tool for Learning, healing and Evolution

Time allows us to learn, heal and evolve through cycles and repeated experiences guiding us toward transcendence and recalling our original purpose.

"Time serves remembering and forgiving, and remembering that in forgiving we heal both the past and the future." "Time makes evident birth, life, and death, and that these are cyclical." "Time invites to shift our relationship with death – beginning and end coincide, Life and Death are somehow the same, says Time". "Time repeats until we learn, when we grasp the lessons, we leap out of time." "Time gives us time to recollect and value what is precious and essential." "Over time, we remember our original instructions and we see life at large."

TIME MESSAGES

4. Time and Timelessness

Time invites us to experience the paradox of time and timelessness coexisting as part of a greater truth.

“Time allows us to grasp the relationship between remembering and forgetting, as part of a greater whole.” “There is both time and timelessness, and we are invited to wake up to the paradox of their coexistence.” “Where the mind understands time as clocktime, the heart sees time as infinite.” “We use time to simplify things for the head, while deep in the heart we experience timelessness.” “When time expands, death vanishes; as time expands, we travel time in a non-linear way

5. Time and Beauty

Time embodies beauty and that invites to harmonize colors and honor how each moment, as contributing to beauty.

"Time wants us to blend the masculine and feminine forces." "Time is asking for its feminine incarnation, invoking beauty and allowing us to appreciate and honor precious moments."

"Time now invokes beauty and allows us to appreciate and honor the beauty of the instant."

"Time expands and contracts, informed by an inner quality that gives freedom, tempo and speed to time."

6. Time, Life & Love - Beyond Physical Reality

Time supports life but transcends its limitations, expanding and contracting, while allowing Light and Love to exist beyond death.

“Time serves life, supports life, but it is not the source of life.” “Time allows us to come to life, and life exists before our time. As we remember, we embody time” “Light and love transcend time, as light is beyond this reality and love can travel through time.” “Love does not end with death; the visible manifestation may disappear, but Love itself does not vanish – we can still feel and sense it, even if we do not see it.”

"Could gravity be the opposite of Light, and Love be what unites and arises in between?"

Further (Imaginal) Explorations

Time invites us to awaken to an imaginal world that operates in between and beyond time.

Lights on Time

After the Science and Consciousness event, continuing to engage in a Wisdom Dialogue with Time, I noted down a few reflections that further emerged and shed a deeper light on time.

Reflecting on Light

What if, when we awaken every day, we are awakened through and beyond Time to the Light that is coming through the windows, and through our eyes?

Light is imprinted in our Soul, and is inviting us to “co-print” the world that wants to emerge, out of the darkness. In this sense, Time serves as a “condenser” – condensing Light into reality. We dance with Time to awaken in this 3-D reality, in this visible space, but at the same time, to awaken not to be absorbed too much in the transient reality, aware of and able to notice and serve the Light.

When we awaken in that awakening, what is awakening within is the ability to recognize the Light in the cycles, and let the Light breakthrough those cycles. It is about capturing the lesson that is emerging, that is silently speaking and whispering through the patterns of Time.

We awaken to make visible the patterns that have become invisible over the cycles.

So, when we awaken - whether in the mornings or within our own inner silence - we are awakening to something essential and profound.

We may resist calling it “truth,” but we are awakening to something that transcends the repetitions of cycles, the ordinary routines, and the events that manifest.

Through all of this, something deeper and more significant passes through
...and as a sacred Light illuminates our pathway over and beyond Time.

Finally, exploring Time invites us to shift perspectives and have the courage to serve a greater consciousness that is waiting to emerge, through us, to bridge the visible and the invisible, for Wisdom to illuminate and elevate our World.

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